

THE PERFUMED BATH

REFRESHING TONICS EASILY MADE AT HOME.

The Benefits to be Derived from Camphor, Oatmeal, Milk and Soda Baths—Particularly Commended for Depressingly Hot Weather.

A delicately perfumed bath of softened water is a tonic that improves the texture of the skin and improves the complexion. The expense of such a tub need not necessarily be large, and the refreshment from it is great owing to the relaxation of the nerves.

A Camphor bath is the one to be recommended for the depressingly warm days of summer. It is made from a mixture of an ounce of tincture of camphor, half an ounce of tincture of benzoin, and two ounces of toilet vinegar. Such a bath as this may be taken in the morning, at night, or, if preferred, in the afternoon. Better effects will be gained if the immersion is taken at such time as to permit of lying down for half an hour or so afterward.

A woman who is fortunate enough to spend her summer on a farm where milk is plentiful should not lose the chance to indulge in milk baths, for nothing will more quickly soften and whiten the skin than this simple wash. A tub not being always at hand in the country, it may be necessary to use a basin. In either case the solution need not be more than half milk, and the water should be hot enough to warm the milk sufficiently to make it a comfortable temperature. No soap is used in a soap cloth, rather than a wash should be used in applying it.

A strong tonic bath is made by mixing a pound of muriate of soda with half a pound of sulphate of soda and a quarter of a pound each of chlorides of lime and magnesia. These ingredients may be put into the tub and water poured on to dissolve them. Then the tub must be filled in the usual way. This particular tonic should not be used oftener than once a week, or its effect upon the skin will be drying.

Not expensive and very delightful is an oatmeal bath made by mixing five pounds of any of the "steam cooked" variety of oatmeal to a pound of powdered orris root to a pound of almond meal, and half a pound of castile soap scraped. A small quantity is then sewed into a cheesecloth bag and one of these may be used several times by tossing into the bath for fifteen minutes or using.

Old-Time Recommendation. "All of our ancestors," said a physician, "were pock marked, and smallpox was a recommendation if you were looking for work."

"What I mean is that you couldn't get a job if you had not had smallpox. No one wanted a servant who was liable at any moment to be stricken down with the loathsome disease."—Hence: He opened a newspaper volume of 1774.

"Hence, 'help wanted' ads read like this:

"Wanted a man between twenty and thirty years of age, to be a footman and under butler in a great family. He must have had the smallpox in the natural way. Also a woman, middle aged, to wait upon a young lady of great fortune and fashion. The woman must have had the smallpox in the natural way.—New Orleans Times-Democrat.

To Sew Hooks on Dresses.

In sewing on hooks, whether used in connection with eyes or peets, always spread the hooks, all sizes, before sewing on; it not only makes the strain come on different parts of the material, but it prevents them from pushing forward and showing at the edges of collars, plackets and such things.

When sewing them on a boned lining the bone can be slipped between the front curves and the back of the hook, after they have all been sewn on, making it very taut, thus saving the labor of fastening the bone in the usual way. It must, of course, be fastened at either end after it is inserted, otherwise it will come entirely off during the process of hooking the dress.

For a Double Chin.

The tandem chin is one of the most determined tell-tales of approaching age. To rid yourself of this chin with social tendencies one should massage the throat each night. The method prescribed is to begin at the point of the chin and rub hard toward each ear. The finger tips should be together at the beginning of the motion and should then push away from each other. Repeat the motion under the jaws and remember to always rub upward. Either cold cream or an astringent lotion should be used. Be sure that during the massage the head be held well up.

To Induce Sleep.

If you cannot sleep well, try eating an onion sandwich early in the evening. Slice the onion thin, sprinkle with salt and place between two slices of thin bread and butter.

A man may feel that he is standing up for his rights when he keeps his seat in a crowded car.

Parrots are fonder of music than are the other lower animals.

BRIDAL BOUQUETS.

Those Carried by the Brides of To-Day Are Works of Art.

The bouquets, of course, depend largely on the bride's gown. In an early Victorian costume a worn, as was done recently at several fashionable marriages, a sweet posy of your favorite blossom is more appropriate for a bride than a shower bouquet.

But what a wide difference between the posy of to-day and that of fifty years ago! That carried by a bride to-day is an exquisite work of art in which each bloom and piece of foliage receives careful treatment, and the whole giving the charming effect of a natural cluster of lovely flowers.

The bouquets representing the floral taste in the time of our grandmothers appear as a rule, to judge from pictures, to have been absolutely symmetrical globes of flowers cruelly crushed together, the stems gathered and "tight-laced" into a bundle of pointed cardboard basket-ware, or chased silver, not infrequently embellished with paper lace frills more or less ornate and carried preferably upside down.

Some of the present-day bouquets are made of roses that are set off only by the green of their foliage, and two flowing strands of broad satin ribbon in pink.

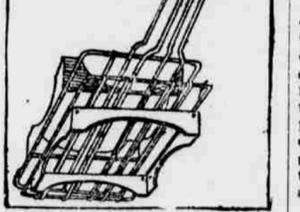
In the olden days such a floral posy was not known. The bridesmaids bouquets are just as elaborate as that of the bride, and they all go far toward making a wedding a most beautiful ceremony.

A pretty change from the bouquet is the floral stave, which has found considerable favor at weddings. In a recent instance white enameled staves were decorated with branches of a cherry tree, to which bunches of the most natural looking artificial cherries were attached, the staves being decked with narrow ribbon in several shades of red, arranged in ever so many loops and loose ends.

The effect was most impressive as the eight bridesmaids raised their gaily decorated staves and formed a brightly-colored archway, under which the bride and groom passed down the aisle. The bride on this occasion carried a large bouquet of roses and lilies of the valley.

Toaster and Broiler.

In the illustration below is shown a toaster or broiler, which contains a simple attachment to make the broiling of meats or the toasting of bread an easy matter. In fact, the



IMPROVED BROILER.

broiling can be readily done on a gas stove as on a coal fire. Attached to each side of the frame of this broiler are supports which prevent it from coming in direct contact with the top of the stove. When placed over the supports keep the frame and its contents extended from the fire. By placing the supports on each side the broiler can be reversed as occasion demands. Every housewife knows that broiling a steak or other piece of meat is the most difficult branch of the cooking art, and success is seldom assured. With the aid of this broiler she would undoubtedly find the feat easy of accomplishment.

In Good Taste.

Satin shoes for evening gowns exactly matching the color of the gown and with silk stockings perfectly matched in color.

Pleated skirts with bias bands set on to simulate hems.

Big cameo pins at throat or to fasten belts. One set seen recently worn by a woman with shell pinkskin showed delicate sprays of lilies of the valley on a dark pinkish-red background. They were set in gold and looked ages old.

Big corsage bouquets of pink roses showered with lilies of the valley.

Quaint, Frenchy ruffled jabots of pleated lawn and lace.

Buckskin gloves scrupulously clean, Pale gray hats of softest felt with the white breast of some soft bird on one side.

Hair puffed in fascinating curls as soft as silk and natural—not bought in strings and pinned in place.

Long, loose evening cloaks of Honiton lace over slips of varying colors.

Evening gowns of cloth-of-gold. Strings of coral, pearls, silver or gold, set with precious stones.

It is estimated that \$5,000,000 is spent each summer by American tourists in Canada. Kingston is almost daily visited by hundreds of American excursionists, adding a considerable sum each season to the income of the merchants, hotels, steamboats and railroads of that district.

SEA BIRDS ARE IN PERIL.

Need of Wardens to Check Extinction of Nation's Scavengers.

For want of wardens along the hundred miles of Pacific Coast, recently reserved as a bird refuge, a circular of the National Association of Audubon Societies says millions of water fowl may suffer death to themselves and their young at the nesting season. With thousands of acres of such breeding havens which they have previously obtained and must patrol with hardy and expert men, the National Association of Audubon Societies finds itself today unable to extend its bird guard over the newly acquired stretch of inaccessible sea coast. Unless funds are forthcoming for this economic movement, officers of the Association say, American bird life will again suffer such ravages as are admittedly bringing its valuable sea-bird species close to the point of extinction. The circular continues:

Both men and boats of the staunchest sort are required for the perilous work of patrolling the reefs and rocks of the nesting birds in all winds and weather. Some seven thousand dollars were devoted by the Audubon workers last year to providing this protection against poachers for the defenceless birds on their breeding grounds. To extend this service to the new refuges, which the government has just ended, several thousands of dollars more will be required. Beyond paying the wardens a dollar a month for the purpose of their nominal control, the Federal authorities have left the entire burden of maintaining this little army of bird guards upon the National Association of Audubon Societies.

As scavengers the sea birds are the only agents that stand between the people of this country and pestilence, they declare. Once they become so few as to allow the coast refuse to accumulate, the entire country will stand in grave danger of being swept by plague.

Only the annual five-dollar bills of less than a thousand members of the National Association of Audubon Societies today support the extensive work of this body, of which the economic movement to preserve the nation's sea fowl is only a small part. With these and the limited endowment at their command, the workers of the association are today unable to carry out adequately the work of preserving the sea fowl, which has become national in scope. Unless several thousand persons, representing every section of the country, enroll with these Audubon workers, this year, much in the economic campaigns which demand their support, must be left undone.

"The nation's sea fowl must be preserved now or never," said William Dutcher, president of the association, at its headquarters, No. 141 Broadway, New York.

"To carry out this great economic work in time, we must have the moral as well as financial support of at least 5,000 members. I feel sure we are going to find as many and more thinking persons in this country who will consider it a patriotic privilege to enroll in a movement so essential to the health, wealth, and general well being of the entire country, entirely aside from sentimental and aesthetic motives."

Diamonds in America.

Contrary to the general impression diamonds are sold cheaper in the United States than in any other country. This is due to America taking two-thirds of the output of all mines, the remaining one-third being taken by all the other countries combined.

Being the largest buyers, American dealers not only buy at the lowest price, but secure the very choicest stones. This is admitted by European dealers.

There is no duty on rough or uncut stones coming into the United States. The American cutter's work is superior to foreign cutting, as is shown by the fact that nearly every diamond weighing over one-quarter of a carat sold in America, is cut in America.

On the small cut diamonds, the duty is only ten per cent. against five per cent. in Canada. The purchases of Canada are so small that the lower duty is more than offset by the increased cost to Canadian dealers.

The American merchant has a market of 80,000,000 people against Canada's 6,000,000.

The Americans have every advantage to enhance the intrinsic worth of diamonds by the superior workmanship of their cutters and undersell all other countries.—Buffalo Express.

Fisticuffs and Discipline.

It is claimed that only by fighting on the part of the crew can discipline on shipboard be maintained in the navy. But if that law were to apply to families and schools, where impulsive young men abound, every community in the land would have to maintain mammoth rings for the settlement of disputes arising every hour of the day.

Unless human nature is changed radically by being transplanted to a warship's deck the penalty system should work there as well as in civil life. If the aggressor in a dispute were required to make an apology or pay a fine or go into irons or to leave the service with a dishonorable discharge in case he demurred at the milder punishment, there would no doubt be less inclination among seamen to wrangle and come to blows.

THE CONVICT SAILOR.

Strange Addition to the Crew of the Barkentine Tidewater.

"Ever been in Cayenne, French Guiana?" queried "Ed." Randall, of the British barkentine Tidewater, as he watched the crates of machinery being lowered into the barkentine's hold. "Well, only a few sailing ships go there nowadays, and all that most people know about Cayenne is that it is a place where pepper comes from. You anchor six miles away from the harbor and there are two quays there, where there's little room for ships to land their cargo.

"We anchored off Cayenne one night several years ago, and all on board the Tidewater were lying around listless because of the awful heat. There was nothing doing and there was about as much noise around our anchorage as in a church during a period of silent prayer. Then we heard the swish of oars being rowed carefully dipped in the water and we saw a rowboat making for us. No light shone on the little craft and when she came under our bow there was no hall.

"Up the man's rope crawled a figure that looked gray in the moonlight and which shuffled aft to where I was sitting with a hesitating step. The 'Monsieur le Capitaine' that came from the stranger told me in a minute who my unexpected guest was. The peculiar black and gray stripes on faded clothes also added testimony that my visitor was making the call aboard the barkentine unknown to the French prison keeper in the city.

"The story told by the poor fellow was pathetic. He said he had been convicted of a crime of which he was innocent, and, while much of the proof of this allegation was missing when he presented his case before me as a sort of final tribunal, I believed him, and felt that I'd like to help him, only that I could not run foul of the French authorities by knowingly aiding and abetting the fellow's escape. I told him so.

"Without a word, but looking the picture of misery, my unfortunate caller disappeared over the ship's side as silently as he had come aboard and in a few minutes we heard the swish of the oars gradually fade away in the night.

"I was still sitting in my chair dozing when a little launch came



THE CONVICT APPEARS.

our way, and the next moment two gaudily uniformed officers climbed aboard and asked whether I had seen anything of a rowboat. I told them I had but that I paid no particular attention to the direction the rowboat went, which was only the truth. The question as to whether I had any stranger aboard I truthfully replied that I had not. After walking around the deck for a short time, in a manner which seemed to imply that they did not believe me, the two officers went their way in their launch.

"The next night we got ready to sail, having secured our clearance papers and the permission from the port authorities to get away. Long about eleven o'clock we weighed anchor and under a fair breeze made our way into the open sea. We'd travelled about half an hour when the same launch in which the two prison officers had come the night before blew past us and came alongside. Instead of the two officers, however, out stepped my convict visitor, tired, but evidently feverish in his happiness.

"He told me that he had been pursued the night before by the keepers in the little power boat and that he made for one of the small islands in the harbor. That it had been a game of hide and seek between him and the prison officers and that finally he had managed to get at the other end of the island where the launch was moored and get away in her, leaving the two keepers on the island with a rowboat to get back to shore in.

"I could not go back into the harbor without causing my owners much expense, and so I decided that I would not turn the young fellow adrift, but instead, allowed him to become one of my crew, after entering him as a 'castaway' and sending the launch adrift. We were bound for New Bedford, and I knew that the cable would probably ask for the detention of the escaped convict at the Massachusetts port if the Guiana authorities and thought the man came aboard the Tidewater.

"Two days before we reached New Bedford, my convict sailor whose name was Jacques, disappeared, and it was not until long after that I learned that he took a chance of swimming away to a L.-sailing schooner bound for New York, so as to cause me no trouble with the American authorities at New Bedford."

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Charles H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years.

THE CENTAUR COMPANY, 37 NUNNERY STREET, NEW YORK CITY.

BRUSH YOUR HAIR.

It Will Keep the Scalp in Good Condition.

The hair should be brushed regularly to keep it from falling out and to keep the scalp in good condition. The hair itself is easily cleaned with a good toilet water, but the scalp itself is too often neglected. A man generally has a pair of brushes, or at least one good one, but women's brushes are apt to be very beautiful but soft and of little use. It is all very well to have a fancy brush on the dressing table, but in a drawer out of sight keep a plain one for general utility, with good stiff bristles. A fine hairbrush really should never be put in water, as it loosens the bristles. When traveling the hair gets dusty and soon soils the brushes, which should be well looked after. Dip the bristles in alcohol, ammonia or bathing whisky, shake dry and leave in the open air. Water sometimes cleans shell or rubber combs, but it is just as apt to spoil them. It is better to use an old brush to clean the teeth, or to pass a ribbon or piece of twine between them. The best for this purpose, however, is a piece of blotting paper. After this treatment polish the comb with a piece of flannel or chamois skin.

For a Smoky Fire.

A little salt sprinkled on a smoky fire will clear it. The same method on a fire prepared for broiling will give the blue flame so much desired.

To Keep Away Insects.

Sponging woodwork with water in which a generous quantity of alum has been boiled is said to be an excellent method of keeping away obnoxious insects.

When a horse picks up a nail in his foot what does the driver do?

Does he whip the limping, lagging animal and force him along? Not unless he wants to ruin the horse. At the first sign of lameness he jumps down, examines the foot and carefully removes the cause of the lameness. What is called "weak stomach" is like the lameness of the horse, only to be cured by removing the cause of the trouble. If you stimulate the stomach with "whisky medicines" you keep it going, but every day the condition is growing worse. A few doses sometimes of Dr. Pierce's Golden Medical Discovery will put the disordered stomach and its allied organs of digestion and nutrition in perfect condition. Ninety-eight times in every hundred "Golden Medical Discovery" will cure the worst ailments originating in diseases of the stomach. It always helps. It almost always cures. To cure constipation use Dr. Pierce's Pleasant Pellets. They're sure.

There is something in the wind when the street cleaning department gets busy on a blustery day.

Ely's Cream Balm has been tried and not found wanting in thousands of homes all over the country.

It has won a place in the family medicine chest among the reliable household remedies, where it is kept at hand for use in treating cold in the head just as soon as some member of the household begins the preliminary sneezing or snuffling. It gives immediate relief and a day or two's treatment will put a stop to a cold which might, if not checked, become chronic and run into a bad case of catarrh.

A woman has an insane idea that it is impossible to look well and be comfortable at the same time.

**A Reliable Remedy CATARRH**  
Ely's Cream Balm  
is quickly absorbed. Gives Relief at Once. It cleanses, soothes and protects the diseased membrane resulting from Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50 cts., 1/2 size 25 cts. Sold by mail. In liquid form, by Ely Brothers, 50 Warren Street, New York.